



# Virtual Reality at a Glance



## What is it?

- An immersive and interactive computer-generated environment viewed through a special headset with surround sound

## How does it work?

- Software programs are used to create VR environments
- Headsets and handheld controls allow the user to experience and interact with the VR environment
- Cameras and sensors on the devices track the user's movements allowing the VR environment to respond in real-time



## What can you do with VR?

- Play games and use VR apps
- Watch immersive videos, movies, and live events
- Explore the world with virtual travel and tours
- Socialize / collaborate through multi-person VR experiences
- Exercise, meditate, and dance



## Popular Devices

- Standalone headsets: Meta Quest 2, Vive Focus 3, Vive XR Elite
- PC / Gaming headsets: PlayStation VR, Valve Index, HP Reverb G2

## Limitations

- Affordability and accessibility
- Risk of injury, discomfort, dizziness
- Content available depends on device
- Often requires an internet connection